

## Raashinka WIC ee Hooyooyinka Uurka leh

Raashinka WIC wuxuu kaa caawinayaan nafaqada aad u baahan tahay marka aad uurka leedahay si uu cunugaagu u koro.

### Waxa aad Heli Kartid

#### Badarka

- 36 wiqiyadood oo ah siirayalka lagu darey feerada dhiiga kordhisa
- 1 pound oo ah rooti laga sameeyey qamadi iskujira, bariiska cowlan, **ama** tortilada jilicdasan ee laga sameeyey galeyda.

#### Miraha iyo Khudaarta cagaaran

- Sadex 46 wiqiyadood ee daasadaha **ama** sadex 12 wiqiyadood oo ah cabitaanada la barafeeyey ee qaniga ku ah fiitamiinka-C
- \$8 oo ah jeega khudaarta caagaaran iyo ta miraha ah

#### Dheefta Xoolaha laga helo

- 4 1/2 galaan oo caano ah (kuwa labeenta laga qaadey 2%)\*
- 12 wiqiyadood oo ah caanaha la uumi bixiyey oo subagu ku yar yahay
- 1 lb. oo foormaajo ah  
\*Caanaha soyga ama tofu laga yaabaa in loo isticmaali karo sida caanaha oo kale

#### Nooc nafaqada ka mid ah

- 1 darsan oo ukun ah (12 xabadood oo ukun ah)
- 18 wiqiyadood oo ah lows la cajimay
- 1 pound digir qalalan ama afar 16 wiqiyadood oo digirta daasadaha ah(fuulka, faasuuliye, shunburo ama digirta cas)



Cun Raashinka WIC  
si adiga iyo  
Cunugaaguba aad  
u heshaan Caafimaad

## Raashinka WIC ee Caruurta

Raashinka WIC waxay ka caawisaa cunugaaga si uu u helo dhamaanba nafaqada uu u baahan yahay.

### Waxa uu Cunugaagu Helo

#### Badarka

- 36 wiqiyadood oo ah siirayalka lagu darey feerada dhiiga kordhisa
- 2 pound oo ah rooti laga sameeyey qamadi isku jira, **ama** qamadi isku jira **ama** toortilo jilic san oo galey laga sameeyey

#### Miraha iyo Khudaarta cagaaran

- Laba 64 wiqiyadood dhalooyinka ah cabitaanka qaniga ku ah fitamiin-C
- \$6 oo ah jeega khudaarta cagaaran iyo ta miraha ah

#### Dheefta Xoolaha laga helo

- 3 galaan oo caano ah (kuwa labeenta laga qaadey 2%)\*
  - Caruurta ka yar 2 jir waxay heli caanaha aan waxba laga saarin
  - Caruurta ka weyn 2 jir waxay heli caanaha subagu ku yar yahay
- 12 wiqiyadood oo ah caanaha la uumi bixiyey ee daasadaha ee subagu ku yar yahay
- 1 lb. oo foormaajo ah  
\*Caanaha soyga ama tofu laga yaabaa in loo isticmaali karo bedelka caanaha hadii dhakhtar uu anstixyo

#### Nooc nafaqada ka mid ah

- 1 darsan oo ukun ah (12 xabadood oo ukun ah)
- 18 wiqiyadood oo ah lows la cajimay **ama** 1 pound oo ah digir qalalan **ama** afar 16 daasadood oo ah digirta (fuulka, faasuuliye, shunburo ama digirta cas)



Fursad loo wada siman yahay shaq biyiye ilaaliga sharciga xuquuda jiyadgudubka. Gargarada la biyiye kuma salaysna wa xni idabakor. Warqadani daleebadka ah waxaad ku heli karlaa siyaaboojin kala sida kuwa loogu talo galay qofka curyaankia ahi wea inuu la xariira. Wasaaradda Caafimaadka iyo Adeegyadda Dadii waaweyn ee Missouri ee 573-751-6204. Dadka Maqalka iyo Hadalku ka la'aad la telabonkoodu wea 1-800-735-2966. Codka 1-800-735-2466. WIC-1067 Somali (09-09)